Attachment 10: Tables for the Assessment Scale

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| TABLE 1 |
| *Based on competences of relation i.e. an attitude of openness towards others, cooperation as a means of achieving common goals and personal growth, open attitude to conflict mediation.*  *Thinking about how did you behave until now in your relations with other people, where would you place your attitude on the scale between the two mentioned extremes?*  *In the top row there are the scores (1 to 6). So, all your “√" have a score.* |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 1 | 2 | 3 | 4 | 5 | 6 |  |
| A) | Shy | \_ | \_ | \_ | \_ | \_ | \_ | Expansive |
| B) | Competitive | \_ | \_ | \_ | \_ | \_ | \_ | Cooperative |
| C) | Reserved | \_ | \_ | \_ | \_ | \_ | \_ | Sociable |
| D) | Mistrustful | \_ | \_ | \_ | \_ | \_ | \_ | Trustful |
| E) | Aggressive | \_ | \_ | \_ | \_ | \_ | \_ | Peaceful |
| F) | Provocative | \_ | \_ | \_ | \_ | \_ | \_ | Conciliator |
| G) | Destructive | \_ | \_ | \_ | \_ | \_ | \_ | Constructive |
| H) | Self-controlled | \_ | \_ | \_ | \_ | \_ | \_ | Spontaneous |

Relational skills Area

**Add the scores of rows A) + C) + D) + H)**

From 4 to 12 points: you can work on improving your attitude in communication

13 to 15 points: You have an attitude not open nor closed in communication.

16 to 24 points: You have an open attitude to communication.

Cooperative Skills Area

**Add the scores of rows B) + E) + F) + G)**

From 4 to 12 points: You have a competitive attitude.

13 to 15 points: You have an attitude somewhere between competitive and cooperative.

16 to 24 points: You have a cooperative attitude in relation to others.